

Laurentian University's Bilingual Student Newspaper
Le journal étudiant bilingue de l'Université Laurentienne
Volume 39 Issue 10 / Numéro 10

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LAMBDA PUB@HOTMAIL.COM

**WINTER
DRIVING
HELL**
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DROWNING IN STUDY NOTES AND HIGHLIGHTERS SINCE 1961

Collaborative Nursing Program Offered by Northern Ontario Institutions

LU News Release

Five Northern Ontario postsecondary institutions, which included Laurentian University, Cambrian College, Collège Boréal, Sault College, and Northern College, signed agreements that will give students in Northeastern Ontario access to the Northern Ontario's first Collaborative Degree Nursing Programs.

Through these agreements, Cambrian, Boréal, Sault, Northern and Laurentian will each deliver a

common four-year nursing program, leading to a Laurentian University Bachelor of Science in Nursing degree. These agreements reflect the partners' vision of nursing education and common desire to continue to offer Northern Ontario students quality health science programs.

The agreement between Laurentian and Boréal will be adapted to meet the specific needs of the Francophone community. It will lead to a joint degree between both insti-

tutions.

The common entry standard to the program will be six Ontario Academic Courses (OACs) and a common university-level tuition fee. A Collaborative Nursing Program Committee, consisting of representatives of each of the partners, developed the program, and will ensure the coordination of the program offerings at the different locations as well as the maintenance of provincial and national accreditation standards.

The new Collaborative Nursing Program is the result of a decision by the Ontario government, based on a recommendation from the College of Nurses of Ontario. As of January 2005, new nursing graduates seeking employment as Registered Nurses in Ontario will need a four-year baccalaureate nursing degree as the entry to practice.

"Health Care is changing and nursing care is becoming more complex. Nurses need education that will prepare them to meet the challenges of the future," said Ms. Elizabeth Witmer, Minister of Health and Long-Term Care. "We are acting on the advice of the College of Nurses of Ontario and the Nursing Task Force

to make sure nurses are able to deliver complex new therapies and treatments, new technology and work in more independent, community-based practice. Through collaborative nursing programs, students will acquire the practical and academic knowledge they need to meet the changing needs of health care in Ontario."

"There is going to be a huge demand in the next few years for nurses to work throughout Northeastern Ontario," explained Dr. Geoffrey Tesson, Executive Director of Health Initiatives at Laurentian University. "I am just delighted we have been able to work out a collaborative program that works well for all our college partners and will serve the needs of northern students. This is going to be one of the best nursing programs in the province. It shows how strong we can be in the North when we work together as partners."

According to Cambrian President Dr. Frank Marsh, the agreements are indicative of the relationship that Cambrian and Laurentian have fostered. "It is a relationship that puts the student first and that is built on the strength of each institution," said Marsh.

"Sault College is pleased to be a member of the partnership that will ensure the needs of Northeastern Ontario related to the nursing profession will be met," said Mr. Tony Hanlon, Sault College Vice-President, Academic. "This partnership guarantees access and choice for students throughout northeastern Ontario while at the same time strengthens the health infrastructure in the north."

"Northern College is very pleased to be part of this collaborative agreement with Laurentian University," declared Ms. Cathy Hart, Regional Director (North) at Northern College. "The ability for residents of Northeastern Ontario to receive a Baccalaureate degree in Nursing will certainly strengthen the health care in our area. We look forward to beginning the program in the near future."

Said Gisèle Chrétien, President of Collège Boréal. "This is an interesting agreement for our learners as it recognizes the strength of both institutions. Collège Boréal remains optimistic towards future possible collaborations in other areas."

Laurentian and the India Canada Association of Sudbury Honour Mahatma Gandhi

LU Press Release

On Saturday, November 18, at 3 p.m., Laurentian University and the India Canada Association of Sudbury honoured the legacy of Mahatma Gandhi during the installation of a bust of Mahatma Gandhi. Taking part in this event, to be held in the Rotunda of the J.N. Desmarais Library, will be the Mr. Chandra Mohan Bhandari, the Consul General of India in Toronto, Dr. R. Koka, Chair of the Peace and Non-violence Committee of the India Canada Association of Sudbury, and Dr. Jean Watters, President of Laurentian University.

The India Canada Association of Sudbury donated the bust of this leader of India to Laurentian University on behalf of the people of India through the assistance of the

Consul General of India in Toronto. With this donation, the India Canada Association of Sudbury wishes to highlight the year 2000, which was designated by the United Nations as the International Year of the Culture of Peace. It is very appropriate to have this event take place at Laurentian University, in Sudbury, in an effort to promote peace and non-violence in the community and honour Mahatma Gandhi, a champion of peace and non-violence. Laurentian University is only the third university in Canada to have a bust of Gandhi, known as the father of the Nation of India, on display on its campus.

Mahatma Gandhi changed the course of the twentieth century. While working as a lawyer in Southern Africa at the turn of the century, he worked ceaselessly to improve the

rights of the immigrant Indians. It was there that he developed his creed of passive resistance (Satyagraha) against injustice, and was frequently jailed as a result of the protests that he led.

Upon his return to India, in 1915, he played a leading role in the long struggle for independence from Great Britain. In 1930, along with his strong dedicated followers, he led the famous Salt March in India to protest the British salt monopoly. This peaceful protest is considered a turning point in the movement that paved the way for India's independence from Great Britain. He never wavered in his unshakable belief in nonviolent protest and religious tolerance. Independence, when it came in 1947, was not a military victory, but a triumph of human will.

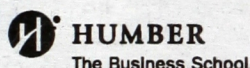
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Soccer Vees Could Lose Coach Castrechino

by Jason Stevenson
Acting Sports Editor

The media today has brought the effects of concussions in sport to the forefront, due in part to the career ending injuries suffered by NHL players like Pat LaFontaine, and Brett Lindros. Now closer to home, here on our own campus, a concussion scandal may lead to the dismissal of the Laurentian University Soccer coach Carlo Castrechino.

This story begins with the qualification of Laurentian University Men's Soccer team to the CIAU Nationals on November 4, with a win over the Waterloo Warriors. The next day, November 5, the Voyageurs competed in the OUA final, against the heavily favoured Wilfred Laurier Golden Hawks. Unfortunately, the Voyageurs lost the game 3-0. In that game, Laurentian goalkeeper Steve Spano suffered a head injury; according to sources, Spano incurred a severe concussion.

According to sources, the Laurentian University Physical Therapy Department initially saw Spano; he was diagnosed with a grade-three concussion and was told that he would be unable to play in the Voyageurs opening game of the CIAU finals on November 9. Sources also stated that Spano consulted several doctors, and was presented with the same diagnosis: that he had suffered a grade-three concussion and would be unable to play soccer again until his symptoms had disappeared.

First of all, what is a concussion? A concussion is defined as a clinical syndrome characterized by immediate and transient post-traumatic impairment of neural function owing to mechanical forces. Concussions are classified as grade 1 (mild), grade 2 (moderate), and grade 3 (severe). The after effects of a concussion, post concussive syndrome, can linger for days or weeks. Steve Spano incurred a grade 3, or a severe concussion. The symptoms of a severe concussion include a loss in consciousness for more than two minutes, amnesia for more than 30 minutes, severe headache, nausea,



tinnitus, dizziness, or hallucinations, obvious unsteadiness, and vomiting. According to most medical professionals, an athlete who has suffered a grade-three concussion should be kept out of practice for a minimum of two weeks after the symptoms disappear. Not two weeks from the time of the incident, but a minimum of two weeks from the time the symptoms of the concussion disappear, and the player should not be allowed to return to play without medical approval.

However, Steve Spano returned to the field on November 9, as Laurentian took on the University of Victoria Vikes in the first game of the 2000 CIAU National Championships. It may not have seemed bizarre that Spano wished to play in such an important game. What is bizarre is that coach Carlo Castrechino knowingly let a player with a severe concussion return to the playing field against the expressed recommendation of various medical personnel. A mistake, that according to sources, may cost him his position as head coach of the Laurentian Men's Soccer team. Castrechino, allowed Spano to play only four days after he had incurred a severe head injury, potentially putting Spano's life and career at risk.

Spano apparently showed no cracks in his game. The CIAU media reported that, "solid goalkeeping by Laurentian goalie Steve Spano kept the Vikes from breaking the game wide open." Spano was even selected as the player of the game in Laurentian's 1-0 loss to the

Vikes. Spano's performance may have put Castrechino's mind at ease, but the question must inevitably arise, should Spano have even been on the field? According to medical personnel, no!

According to one study, soccer is second to only hockey in incidence of concussions. One must conclude that in the years that Carlo Castrechino has coached he must have encountered at least a few concussions, and therefore total ignorance on his part could never be used as an excuse for his actions.

Spano took to the field again on November 12, in the Voyageurs loss to the Wilfred Laurier Golden Hawks in their final game of the CIAU final, a mere 7 days from the time that concussion was incurred. Spano's efforts throughout the season earned him an OUA East all-star position, and second-team OUA spot. Fortunately for Steve Spano, no other head injuries were sustained in the national tournament, but the scary question becomes, what if something had happened? What if Spano received another severe concussion, and suffered permanent damage? What if it was determined that coach Castrechino was responsible for allowing Spano to play? The answer: imagine the worst possible scenario, imagine police investigations, imagine law suits, imagine CIAU investigations and sanctions, and you will just touch the surface of what could happen.

Trade Fair Pushes Agenda: Canadian Government Sides with Corporations, not Public Education

Canadian Federation of Students

A Trade Fair, being held in conjunction with the 14th Conference of Commonwealth Education Ministers, is wrongly identifying education as a commodity to be traded in the global market, says the Canadian Federation of Students.

Some of the world's largest for-profit education corporations have come to Halifax to attend the "Shopping for Solutions" Education Trade Fair, hosted by the Canadian government. According to promotional materials, exhibitors can "gain leverage in a worldwide market" and "find potential partners for possible moves into new markets."

"Education is a common good

that must be protected as a public service, not redefined as a commercial commodity from which to make a profit," said Michael Conlon, National Chairperson of the Canadian Federation of Students. "The Canadian government should know better than to host this kind of event."

Conlon is attending the 14th Conference of Commonwealth Education Ministers as a member of the official Canadian delegation. He is the sole member of the official delegation representing Canadian students, and one of four representatives of non-governmental organizations.

"There's a real contradiction happening here. The proposed 'Halifax Statement' expresses a commit-

ment toward improving access to public education. But the trade fair, under the auspices of Industry Canada and the Department of Foreign Affairs and International Trade, is paving the way for multinational corporations to make a profit from a basic right like education," said Conlon.

Conlon also said the Canadian government must be held accountable for working to create a two-tiered education system. "If the government was peddling private-sector involvement in Canada's health care system, Canadians would be appalled. Why is it promoting the interests of private corporations when it comes to our equally cherished system of public education?"

News Briefs

Doran Planetarium to host presentations on the origins of the Christmas star

Laurentian University's Doran Planetarium will present its special holiday-season presentation entitled "'Tis the Season" which focuses on the origins of the Christmas star from Friday December 15 to Sunday, December 17.

Christmas is the season of light, yule logs, sparkling Christmas trees, the menorah, and luminaries. The Doran Planetarium presentation will offer an interpretation of these historical traditions, and investigate possible astronomical explanations surrounding the "Star of Bethlehem." While describing the Christian and Jewish traditions, "'Tis the Season" will also look at Pagan, Celtic, Egyptian, and Hopi-Indian rituals.

There will be six presentations of "'Tis the Season." They will be presented in English on Friday, December 15, at 7 p.m., on Saturday, December 16, at 1 p.m., 3 p.m., and 7 p.m., and on Sunday, December 17, at 3 p.m. The French-language presentation of "La saison des fêtes" is scheduled on Sunday, December 17, at 1 p.m.

Admission to the planetarium presentation is the donation one non-perishable food item per person. The food collected will be donated to Sudbury's Ste-Anne-des-Pins Parish Christmas food drive.

Anti-Climactic Federal Election

Déjà-vu. The Liberals won a third majority in Monday's federal election. There was also little change in the composition of the House of Commons. The Liberals won 173 seats and the Canadian Alliance took 66 to become the Official Opposition. Bloc Québécois held 37 seats, the New Democrats 13, and the Progressive Conservatives 12.

Before the election, the Canadian Federation of Students launched an intense radio campaign on stations nationwide. The ads were promoted in light of an Angus Reid survey that showed 79% of those surveyed favoured using a proportion of the budget surplus to increase funding to post-secondary education and 82% supported a national grant system. According to National Chairperson Michael Conlon, "The ads send a clear message to the Liberals and the Canadian Alliance - when it comes to education, they're out of touch."

The ads claimed that the Liberals have cut billions of dollars from education, resulting in record-level student debt. They also suggested that Alliance Leader Stockwell Day "thinks student aid is a waste of money." The ads criticized both parties for ignoring proportional reinvestment of a projected \$130-billion surplus into education, proposing tax cuts that "mostly benefit the wealthy."

"Canadians can hear for themselves how poorly the Liberals and the Alliance fare on education," professed Conlon. The ads raised awareness, but election results were anti-climactic.

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Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus.

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1500 Pub and Cues

Books & Beans

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Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

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EDITOR'S CORNER...

Time To Put Out...

by Mat Thompson
Editor In Chief

I bet that title got your attention! Now before all the offended people out there start writing letters to me saying that I am a sick, perverted editor... you're right, just don't write that. What this week's editorial is hopefully going to do is get a few more donations to the SGA Food Bank.

Last year, the food bank received a great deal of donations to help out students, and just before Christmas time Lambda writer Bryson McCarthy challenged the school to match his food bank donation of \$100 worth of food. The Pub, the Regent St. Beer Store and a few others took up the challenge and helped out the students who need it. Bryson, this year, came to me stating that he would like to do the same again, but due to OSAP cutbacks, he can barely afford food himself. So that's where I come in.

Lambda, although we are in

a financial bind this year, is going to place the same donation and same challenge out there. We at Lambda will donate \$100 of food to the SGA and would love to see other clubs, groups, individuals and even administration match our donation. Lambda has many needs in the office, but the needs of the students we represent are much more important. I would rather see a student able to eat over the exam break than have them read a paper. Don't get me wrong... we will still be publishing, but the donation is much more important to us.

Last year, one of my friends was too proud to go to the Food Bank for help. She was totally broke, could barely afford her rent and schooling, but still wouldn't go to get help. We finally convinced her to go as Bryson had donated some pretty good food. If we had known before the donation, one of the bags would have went to her directly, but like I said, she was too proud.

Most students don't want to have to use the food bank, but that doesn't mean it shouldn't be there for them. I know it would take a lot to get me to go to the food bank if I was broke, but I can just imagine the feeling that would come from knowing that it was other Laurentian students that helped me out.

The SGA has placed posters around the school as to what they accept, but don't just follow those guidelines. Go to your cupboard, or even the grocery store and get something that you would be happy to give or to receive. Bryson went all out last year and bought not just the usual string beans and Zoodles. Bryson purchased nutritional foods including instant oatmeal, small jars of peanut butter, chili, soups and other good food. Donations of the cans in your cupboard that you will never eat (ie string beans, beets, corn...) are great, but if you take the time to think what a student might want to eat and do-

nate something like that, it will mean just a little more to that particular student.

If you can't afford to donate, just the thought of trying is good enough, but I know there are a lot of you out there that can afford it. Picture a student showing up to an exam they have crammed for for a week with barely any food to get them through. During the exam, their stomach rumbles and they can't concentrate as well as they should due to a lack of food. It may sound far fetched, but it happens. It happens all the time. So please, take the time to find even one food item and help a fellow student. And to administration and the groups who seem to have a little extra funding left around... help the students, donate what you can, or match Lambda's donation. Hell, out do us. Make us look like the cheap group on campus. Just help the students who need it!

SPACE FOR RANT ... Letters to the Editor

Dear Editor,

In last week's paper, on the FYI page, there was an ad about pandas that said "the pandas are coming." What pandas? Are pandas coming to the university? A petting zoo perhaps?

Over the past couple of weeks, as I walked around the university campus, I've been seeing the signs all over the place. You know the ones - the whole 'wonder' thing. I've been wondering what I should be wondering about. Is this some kind of teaser campaign about pandas coming to the university? If so, what will our interaction with the pandas be? Is it some kind of zoo or just the boring launch of some new program, like veterinary school?

I wonder what pandas have to do with Laurentian. Moreover, I wonder why there is a schoolwide campaign promoting the arrival of some pandas. To the people responsible for the signs that litter the walls of the campus, I am wondering. I wonder when the pandas are coming and what their purpose is.

Editor's Response: I wish I could tell you, but I have been sworn to secrecy until the big press conference. I guess you will just have to WONDER what the whole Panda thing is for a little while longer!

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing.

Letters submitted must bear the author's full name and telephone number.

Names will be withheld upon request.

Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.



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film 'Office Space'
(Cool Movie!!!)

Lambda

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Fri. at 1:30 pm

An Open Letter Concerning SPAD,

I am an LU Student who is deeply troubled by one of this school's programs. I am wondering what it is that causes an LU SPAD student to believe that they are far superior to any other student within this university. They only require a 75 OAC average to apply, and it seems that anyone who can bulls**t their way through a personal profile form can be accepted. A weekend special does not make you better. It just ruins your weekend!

I would like someone to tell me the reason that such a small population within this university feels that it has such superiority. They are in no way more intelligent, and to be honest, their real strength comes from kissing ass. There have been many intelligent students over the past few years who were not able to advance in the program simply because they were not "liked." Their averages were higher than many in the course, and yet they didn't stand a chance.

Is it truly possible for one to consider this a great professional school? A school where ass kissing is encouraged? A school in which the Professors belittle students on a daily basis? A school in which 50% fail out of first year, and more still in second! A school where many students fear their core year? I once heard that University is the best four years of your life. If there is any truth to this, why do SPAD students seem to have no time for fun in the first two years?

I need to see what advantage a student has after graduation, if they can complete a weekend special. Sure they may be able to make some great coffee, but there really is little more in it than that.

It would be appreciated by most of the student body if someone in administration could please let us know why SPAD is called the "Flagship Program" at L.U. when it could very well be considered 'The We Are to Good For Everyone Else Club.' I have noticed that there is very little difference in the SPAD and Commerce classes.

The SPAD program encourages its students to take ethics courses, and I believe that I am not the only one surprised by this, seeing that there is little to nothing ethical about the way this small cult is run. If there was to be a new program added next year, I would call it the ethics of SPAD, a class in which students are exposed to the the totally corrupt ways of this group of too good, Commerce students. That is all they are. So SPAD enjoy your little bubble, and I truly hope for your sake it never breaks, because boy if it does, it will be one sad day. On the other hand, it could be one of the best days for LU. SPAD feels that it is a great provider as it sends nearly 25 of of it's students in to second year econ every year. To me and most, this is not success, success would be helping those you chose to enter the program to graduate from it.

SPAD seems to only care about money, and to be honest they don't make that much. You may if you are one of the three who graduate, but please someone let these kids know that they are human too. So wake up and realize that you are not the only people on this campus, and that there are many students here who are far more intelligent than those few selected to such their way through this program.

Once again, I want to know what it is about this program that makes it so great when it really isn't that good. Could someone please let me know.

Disgruntled Student

Opinion

This University Belongs to the Students Oops, we did it again...

by Sarah Dean
columnist

Hands up all those who stayed up to watch the election drama unfold on Monday night...and didn't cut over to WWF Raw every commercial break. It was thrilling, it was historic...it means we still can't expect any help from our fearless national leaders when we're drowning in debt. Let's take a look at the past to see what may await us in the future.

Since 1993, the Liberals have cut \$5.2 billion from post secondary education, not including cuts to public training at community colleges. While the overall amount transferred to the provinces has increased in the last few years, most of the increase is a transfer of taxing power to provinces and not real money, something the Liberals generally try not to mention.

The Liberals also introduced changes to the Bankruptcy and Insolvency Act that make students ineligible to file for bankruptcy for ten years

after graduation. When Diane Marleau, the Liberal MP for Sudbury, was here last week, she mentioned that if someone is running a business that's not making money and they file for bankruptcy, they don't pay taxes, they are protected. It begs the question, if I'm busting my ass and I'm not making any money, why don't I get the same protection?

Credit checks for students seeking Canada Student Loans were introduced by the Liberals in 1999. If you're over 22 and have ever had overdue bills, you may be SOL for a student loan. When you think about it, the policy really does make sense...if you're in financial trouble, the last thing you should do is try to get qualified for a better job, better to keep flipping those burgers until you make your first million.

In 1993, the Liberals promised to scrap free trade deals. These days, Canada is not only part of NAFTA, but we're negotiating our way in to even more deals, and education is on the block. Talk on edu-

cation isn't about accessibility or quality, it's all about finding markets, developing product, and differentiating from the competition. Education is a multi-billion dollar industry in this country, but as consumers, we've been left out in the cold.

The Millennium Scholarship Fund, although it has undergone some cosmetic changes for this year, still only reaches about 7% of students in need, and in Ontario, it still pays for the provincial governments loan forgiveness program. Known as a boutique program (translation=useless), the MSF doesn't begin to meet the needs of Canadian students the way a system of national grants could.

The Grits are back, stronger than ever, which means we've got our work cut out for us. We can't let them think that everything is okay out here in universityland. We've got to keep the pressure up for more funding, more debt relief, less private sector interference, and more respect for youth in this country.

The opinions expressed in this section are the sole thoughts, views and opinions of the writer and do not reflect the views and opinions of Lambda Publications and Lambda Publications' Staff Members.

What do You Want???

Give us a short opinion and the next week we will show the results with a few student quotes.

This Week's Issue:

What Do You Want For Christmas?

That's right Laurentian.... we are going to publish your Christmas list right here in Lambda. Email us your list by Tuesday, December 5 and we will publish the results in Lambda. Be as strange as possible... Santa already knows you've been naughty!!!

Just email us at LAMBDA-PUB@HOTMAIL.COM and let us know your opinion. Check Lambda next week for the results and maybe even a your opinion in print!

THE GRINCH

YELLOW SNOW

ICE, ICE, ICE, ICE, ICE

PANDAS

EDITORS DRINKING

Jingle bells, batman smells, robin laid an egg...

MAT IN A GOOD MOOD!

LAMBDA'S X-MAS ISSUE

THE LAST LAMBDA OF
THE YEAR 2000

NEXT
WEEK



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Kimberly Dorion
Status of Women Committee

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1-800-363-8388
1-800-267-7432

Maison "La Paix", for patients: 674-9252.
303 Cedar Street

Shkagamik-kwe Health Centre offers testing and education:
675-1596
161 Applegrove Street

The Haven Program is for patients and is offered by Laurentian Hospital: 523-7059

Groupe D'Appui VIH-SIDA De Sudbury
Un groupe de soutien pour les personnes qui ont le VIH/SIDA:
674-9252
303 rue Cedar

Laurentian University Women's Centre
Offers references and information in the Resource Library.
L-221, ext.1089, women_centre@nickel.laurentian.ca

F.Y.I. Safer Sex Guidelines

Kimberly Dorion
Status of Women Committee

Whether your partner is female or male, HIV-positive or HIV-negative, practicing safer sex is important to both you and your partner's health. The reason for this is because HIV, including drug-resistant HIV, can be found in semen and vaginal fluids. This can occur even if your or your partner's viral load is below the limit of detection. You never know...

Practicing safer sex also reduces the risk of transmitting or contracting other diseases, such as chlamydia, gonorrhea, herpes and hepatitis B. These can be especially troublesome in people with weakened immune systems. A few tips on how to protect yourself and your partner during sex are found below.

Latex or Plastic, Ma'am? Use latex condoms and plenty of water-based lubricant (K-Y Jelly, Astroglide) for vaginal and anal sex. If you have an allergy to latex, try polyurethane condoms (Avanti). The female condom (Reality) is also made of poly-

urethane, but they may have higher breakage problems than latex.)

Lube it Up! Don't use oil-containing lubricant products (Crisco, Vaseline, baby oil, lotion, whipped cream) with latex, even though they can be safely used with polyurethane condoms. Good water-based lubricants last longer and often feel better anyway. **Nonoxynol-9:** Many women avoid products containing this spermicide as some studies show it can cause irritation that may promote STD infections, including HIV infection.

Oral Sex: For oral sex with a man, it's safest to use a condom. For oral sex with a woman or rimming, it's safest to use a dental dam, plastic food wrap, or a condom or latex glove cut to produce a flat sheet. The Women's Centre has readily available instructions on how to make dental dams out of condoms. It's also recommended that you avoid brushing or flossing your teeth up to two hours before or after oral sex to minimize abrasions. Be aware of bleeding gums, cuts or sores on or in the mouth.



Let your fingers do the walking! Use latex gloves for manual stimulation. Try powder-free latex or polyurethane gloves for folks with latex sensitivity.

Take care of your toys: If you share sex toys, put on a fresh condom for each user and/or when going from anus to vagina. Clean toys with bleach, alcohol, or soap and water between uses.

On the wild side: Avoid contact with blood, semen, and vaginal secretions. Sex toys like whips or knives can break the skin and should not be used on another person until they're disinfected with bleach or a cleaning solution.

For more information, contact the Laurentian University Women's Centre in L-221 (ext.1089).

Rape! Murder! Battery! Assault! Abuse! Racism! Sexism!

Can you say that you haven't been touched by any of these? Few women in this world can say that they do not know a woman, have heard about a woman or have seen a woman that has been touched by any of the above.

The time is coming when you can not turn your head and ignore these problems. That time is December 6th, 2000. When the Laurentian University Women's Centre will host the Clothesline Project. From December 6th to December 8th, you will witness an event that could change your image of women. On these days T-shirts will be strung up in the Bowling Alley of Laurentian University. On these T-shirts will be messages from women about these crimes against themselves, their sisters, mothers, and sometimes their children.

The Clothesline Project began in 1990 when a group of women in Cape Cod decided that the injustices against women must be made public, to educate and to heal. The idea of the Clothesline came from the fact that women use to trade information with each other while hanging out their laundry. What better way to air society's dirty laundry.

In the past ten years the project has expanded to hundreds of communities across numerous countries. The number of T-shirts has reached uncountable numbers and the message is still powerful. Year-round, we hear the horrible news of rape, murder, and many other forms of violence against women, but for a number of days every year it is time for those women to speak out. They get to tell their stories.

Please take the time to look, to remember and to understand. And if you have a message to send, feel free to come to Laurentian University's Women Centre, Rm L-221 on Monday, December 4th and Tuesday, December 5th.

The Color of Injustice against Women

White: Women who have been murdered.
Yellow: Battered and assaulted or harassed.
Red: Raped or sexually assaulted.
Blue/Green: Survivors of incest or child sexual abuse.
Purple: Attacked because they are perceived to be lesbian.
Orange: Racial harassment or anti-semitism.
Brown: Attacked because they have or perceived to have a disability.
Rainbow: Any contribution of the above.

For more information, contact the Women's Centre at Rm L-221 or 675-1151 Ext. 1089

WHAT ARE THE RISKS?

This chart gives you an idea of how risky various activities are for getting HIV. When people have sex or use drugs, they don't usually do just one thing. You need to think about all the things you do when you have sex or use drugs, and how risky they are.

HIGH RISK

All of the practices listed in this category present potential for HIV transmission because they involve an exchange of body fluids such as semen, vaginal fluid, blood or breast milk. In addition, a significant number of scientific studies have repeatedly associated the activities with HIV infection. Even when the exact mechanism of transmission is not completely clear, the results of such studies conclude that activities in this category are high risk

- Insertive or receptive penile-anal or penile-vaginal intercourse without condom
- Sharing needles or syringes
- Receptive insertion of shared sex toys

LOW RISK

All of the practices in this category present a potential for HIV transmission because they involve an exchange of bodily fluids such as semen, vaginal fluid, blood or breast milk. There are few reports of infection attributed to these activities (usually through individual case studies or anecdotal reports, and usually under certain identifiable conditions).

- Receptive fellatio without barrier
- Insertive or receptive penile-anal or penile-vaginal intercourse with condom
- Injection of a substance using a used needle or syringe which has been cleaned

NEGLIGABLE RISK

All of the practices in this category present a potential for HIV transmission because they involve an exchange of bodily fluids such as semen, vaginal fluid, blood or breast milk. However, the amounts, conditions and media of exchange are such that the efficiency of HIV transmission appears to be greatly diminished. There are no confirmed reports of infection from these

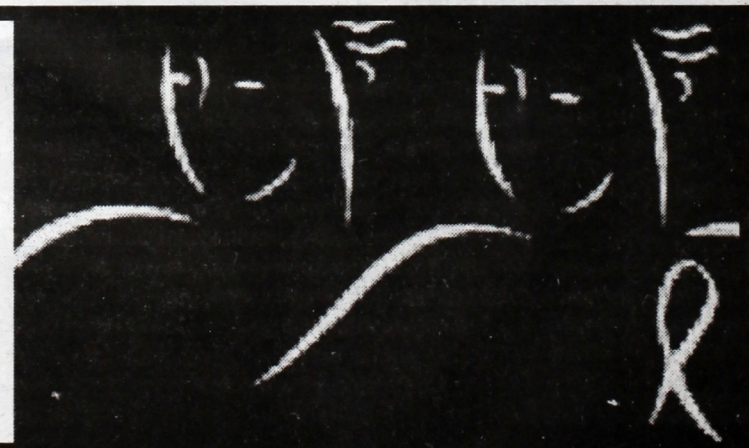
- Insertive or receptive fellatio/cunnilingus with barrier, anilingus, digital-anal intercourse

NO RISK

To our knowledge, none of the practices in this group has ever been demonstrated to lead to HIV infection. There is no potential for transmission since none of the basic conditions for viral transmission is present.

- Kissing, solo masturbation, being masturbated by partner, using unshared sex toys, urination, ejaculation on unbroken skin touch, caressing, dirty-talk, body rubbing, injection with a new needle or syringe.

**WORLD
AIDS
DAY
DECEMBER 1,
2000**



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WHERE: Books & Beans (Downtown Sudbury)

WHEN: Wednesday, December 6th @ 7pm

ADMISSION: FREE! Coffee will be served

Sponsored by The Philosophy Club of Laurentian University and the Joint Department of Philosophy (Laurentian University and the University of Sudbury)

Biology Society Lecture Series

Laurentian University's Biology Society will be hosting a unique Lecture Series this year. The speaker for the first installment is Dr. Michael A. Persinger, Co-ordinator of the Behavioral Neuroscience Program at Laurentian University. Dr. Persinger is a world renowned scientist known for his unparalleled research into all kinds of phenomena and their association with the right hemisphere of the brain. He has written a passage in *X-Files - The Book* and has been featured on many television programs including *Nova*, *Unsolved Mysteries*, and *Undercurrents*. He will present a lecture titled "The Field Biology of Unexplained Events."

As an added feature, guests at this event will be treated to an exclusive private tour of the gallery's next much anticipated exhibition, *Contemporary Masters*, by Bill Huffman, Director/Curator of the Art Gallery of Sudbury. This exhibition features artworks by artists who were masters of their genres including Andy Warhol, Robert Rauschenberg, David Hockney, and Victor Pasmore to name a few.

The lecture will be held on Monday, December 4, 7:00pm at the Art Gallery of Sudbury and will be followed by a catered wine reception. Tickets are \$12 each and must be purchased in advance, available at the Art Gallery of Sudbury (674-3271) and Black Cat Too (673-6718). Event catering is generously sponsored by Bryston's On The Park.

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SERVICES

Need help in first year geography, english, cartography or editing a term paper? Email me at tm_croome@nickel.laurentian.ca; \$5/hour

MESSAGE BOARD

What is this WONDER crap? It's more of a piss-off than anything! Someone take the posters down!!!

I have lost my sanity! If someone finds it, please email me at crazyshit@hotmail.com

D.D. - I have a BIG XXX-Mas package for you! - Bryson

If I hear one more person say "It's starting to look like Christmas" I am going to snap! It looks cold and shitty, not like Christmas!

All I want for Christmas is that hot Blonde on 3rd floor UC!

FREE CLASSIFIED ADS FOR LU STUDENTS!

All you have to do is fill out this card and drop it off to the Lambda office at SCE 301 or drop the form into the campus mail in an envelope marked "LAMBDA" and we will run the ad, 25 words or less, for two to three weeks. Sell old books, furniture or any other junk you may have, leave messages for your friends or ask for help in any field of study. It doesn't matter because this is your own classified section! NOTE: ads for companies will not be accepted and all ads are subject to approval by Lambda Publications.

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ATTENTION STUDENTS

SGA HEALTH PLAN

- PLEASE NOTE: To all students who **OPTED OUT** of the SGA Health Plan, the cheques are now available in the SGA office in the Student Centre, SCE 212.

When picking up your cheque, please bring your Student ID Card.

- To All SGA Students. Your **Health Plan Cards** are in. Stop by the SGA office and pick them up. Don't forget to bring your Student Card with you.



Winter Driving Precautions

The following are things to consider while driving in winter weather conditions.

Front, rear, four or all-wheel drive

Become familiar with what wheels are given power in your vehicle. Front-wheel-drive vehicles generally handle better than rear-wheel-drive vehicles on slippery roads because the weight of the engine is on the drive wheels. The back end of rear-wheel-drive cars tends to lose traction and slide side-to-side during turns on icy roads because there is little weight on the drive wheels.

Many vehicles today are equipped with four, or all-wheel drive, which helps maintain traction in difficult conditions. However, drivers of four-wheel drive vehicles should avoid becoming over confident. Four-wheel-drive does not make the car brake any better.

Braking

A vehicle's braking system also determines how motorists should operate their cars in winter weather. Anti-lock braking systems (ABS) provide significant stopping advantages on slick roads, but are only effective if properly used. When stopping a vehicle with ABS in slippery conditions, motorists should apply steady pressure to the brake pedal. The ABS automatically pumps the brakes to keep the wheels from locking up, preventing skids and loss of control. Do not take your foot off the brake pedal if you hear or feel it chatter. That means that the ABS system is working properly and you should continue to steer the car normally.

If you don't have ABS, gently pump the brakes during slippery conditions to avoid locking the wheels and losing control.

Recognize Danger Zones

Intersections - Slow down before reaching an intersection. Scan left and right for cars and pedestrians. If you are having trouble stopping, they most likely are too. After a stop, press the accelerator slowly to get moving again. If you have a manual transmission, try starting in second gear to avoid wheel spin.

Hills - When approaching an icy hill, pick a path that will allow you the most traction. Head for unpacked snow or powder where you'll get a better grip. Build your speed gradually before you reach the hill and if you have switch-on-the-fly four-wheel drive, shift before you reach the hill.

Curves - Reduce your speed before you enter an icy curve. Any sudden acceleration or deceleration while turning could send you into a skid. Controlled speed, smooth steering and braking will help prevent from skidding on an icy turn. If your wheels lose grip, gradually release the pressure from whichever pedal you're using and smoothly steer in the direction you want the car to go.

Getting unstuck

The simplest thing to remember when extricating your vehicle from snow and ice is to use finesse rather than power. Hard acceleration is likely to worsen the situation by causing the tires to dig the car deeper into the snow.

AAA-Chicago Motor Club recommends first, clearing away the snow. To improve traction, spread sand, cat litter or some kind of abrasive material around the tires containing power. Then, shift the car into low gear (or second gear in a manual transmission) and slowly apply pressure to the accelerator.

If that doesn't work, try rocking the car back and forth by easing forward and then releasing the accelerator.

If you are unable to free your vehicle, carefully assess the weather conditions before abandoning it. In extreme cold or heavy snow, stay with your vehicle and wait until you can be rescued.

WINTER DRIVING HELL: A Personal Account

by Mat Thompson
Editor In Chief

One thing that I take very seriously is driving. It pisses me off when people drive carelessly and endanger others. Now that the winter weather has hit the Sudbury Region has had its fair share of automobile accidents. Some are your usual winter fender-benders and some are accidents that could have been avoided with a few precautions. Many of you are probably thinking that you won't ever end up in a severe winter accident and that you are good drivers, but you never know. My best friend and I thought the same thing, until one day six years ago we were almost killed.

Most people picture the road conditions and weather up North much worse than Southern Ontario, but on November 23rd, 1994 a storm took the London region by surprise. Over one hundred accidents were reported that day, and number one with a thunderous collision saw my best friend and me at the bottom of a ditch in a crumpled '84 Mustang.

The trip had been planned for over a month. Corey and I had planned to drive up to Sudbury to visit a few friends of ours going to Laurentian University and deliver my girlfriend at the time's birthday presents. We left two days before her birthday so that we would be there on the special day. The car was packed, we devoured a nice greasy breakfast at the Cromwell Grill (Sarnia's answer to Gloria's), and said good-bye to our families.

Now, I got the usual "Be careful... if the weather gets bad, just pull over and wait it out" speech by my mother. As usual, I laughed it off (the invincible teenager that I was) and wished her a Happy Birthday. Little did I know

that what my mother would remember most about her birthday that year was a call from the London Regional hospital that her son was being stitched up in Emergency and his friend was unconscious.

Sarnia to Sudbury is a 660+ km trip that usually takes anywhere from 6-8 hours. We planned the trip out perfectly, but after only seventy-five kilometers we had hit a white out. Although the weather in Sarnia was perfectly clear, London was under attack by a completely white storm that forced the city into a stand-still. The next twenty or so kilometers seemed to take forever as my old, rear-wheel drive Mustang slid all over the road. I fought to keep control, only traveling about 20 km/h. Finally, after a few close calls with other motorists, we pulled off at a McDonalds to wait the storm out.

We talked with a few truckers, had some more breakfast and planned out the rest of the trip. We decided to take the trip in intervals where we would switch driving ever 100 km or so. The snow finally turned from blinding blizzard to a simple winter snowfall so we decided to hit the highway and try to get as many kilometers behind us as possible.

As we got to the car, I searched for my glasses and could not find them. Although they were usually in the dashboard cassette holder, they seemed to have disappeared. After a few minutes, we decided that Corey would take the first shift while I looked for the glasses. I trusted Corey with my car as he had been driving a lot longer than I had and he, unlike me, had taken a Driver's Education course in winter driving.

We got back onto the road

WARNING

This story contains graphic depictions of a car accident. If you are easily offended... you've been warned!

and prepared to merge back onto the 401. I started to look for my glasses, but something felt weird so I sat back in my seat. We discussed how long the trip could take as we slowly descended the on-ramp to rejoin the slow-moving highway traffic. We had been on the road less than one minute, then all hell broke loose.

As we hit the main area of the highway, the car started to fishtail. We were only traveling at about 30 km/h, but due to the ice and snow on the highway, it seemed impossible to control the car. As Corey gained some control of the car, we straightened out, but were heading right for the centre highway divider. I turned to Corey, somewhat panicked and told him "We're gonna hit the divider."

Corey seemed calm and exclaimed "We're not gonna hit..." These were the last words I remember hearing out of his mouth before everything went insane. Everything was slow motion, but it only took a split second. As Corey uttered those words a transport truck nailed us at about 110 km/h, t-boning the Mustang and sending us spinning. Corey was knocked unconscious, not by the impact, but by his head going right out the drivers side window and bouncing off the grill of the truck that hit us. As his head went out the window, the driver side mirror came shooting across the car with the same speed and velocity as the truck and struck me in the forehead, busting my skin open and sending blood everywhere.



What Used to be The Drivers Side of my Mustang

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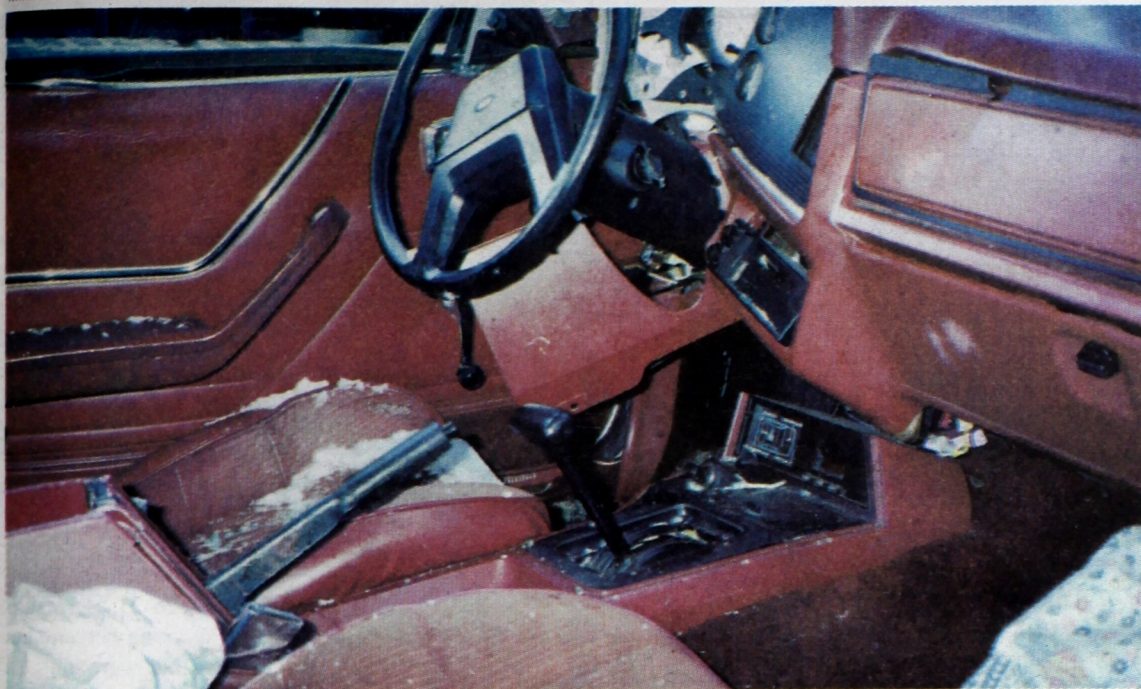
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The Mustang's Interior... If You Look Close, You Can Actually See The Frozen Blood on the Dashboard and Emergency Brake!

The transport truck that hit us went straight into the centre divider as we spun into the next lane only to be struck from behind by a second transport. This second transport punched the back end of the car in and sent us back the direction we came into a third vehicle.

By this point, my memory of the events takes a small vacation, but from the police report we hit another truck and were sent like a helpless pinball into the ditch directly across from the London Regional RCMP office. Behind us was sheer chaos. Twenty Seven cars and three transports trucks slammed into one another. People got out of their cars to help one another, but no one wanted to see exactly what had happened to the drivers of the little white Mustang.

I don't know how long it was before someone came down to check on us, but for that whole time, I sat beside a motionless body. Corey was almost on top of me as the drivers side was punched in by about two feet, but he just hung there. His seat belt kept him from falling forward into the dashboard while blood poured from his mouth and nose. I was free to move as I had not had time to put my seat belt on, but could not utter a sound let alone move.

I sat there and stared. My best friend, driving my car, was either bleeding to death or dead and I couldn't do anything about it. I could hear the people on the highway perfectly. They sounded like a far off radio broadcast, but I heard over and over, "I think they're dead" and "someone has to go down there." I wanted to call out. I wanted to grab my best friend's lifeless body and drag him out of the car. I wanted time to shift back about ten minutes and stop us from leaving McDonalds, but everything was impossible. My car was totaled, my best friend was bleeding all over me and I couldn't move.

All at once, everything came clear. I looked out the smashed windshield to see the face of a truck driver at the same time as I heard Corey take a blood-

filled breath, snapping back to life from the death that I witnessed. I saw the trucker, my blood and my best friend all at once and let out the loudest scream ever. People scrambled down the embankment to try to free us from the mess, the truck driver in front of my car tried to open my door, surprised to see that I was alive and Corey's eyes opened a tiny sliver.

Now I don't recommend doing what I did next to anyone who is near someone with a serious head or neck injury, but I punched Corey as hard as I could. I didn't punch him in the arm or chest... I sucker-punched him square in the jaw. Looking back it was stupid idea, but it got the job done. I wasn't mad at him, or wanting to beat him up for totaling my car, I just wanted him to wake up so I wouldn't have to see him dead in front of me. Of course he looked like he was going to hit me back since he had no idea what had happened, but he just started asking questions.

Everyone on the road that day helped out. No matter how pissed off they were about being in an accident or how late they were going to be for work, they all came down to help. People covered us with blankets, jackets and the truck driver who hit us even gave me his hat and gloves. The police and ambulance arrived pretty fast and got us out of the car and to the hospital.

All day, we saw accident victims come and go. Some with scrapes and bruises, and some with worse injuries than us. We were told by both the paramedics and police that Corey should have been killed and I should have been worse off due to not wearing my seat belt. I ended up with nine stitches in my forehead, cuts all over my body, a red blood-soaked Chiefs jersey and a minor concussion. Corey somehow ended up with only a severe concussion. For a guy who should have been killed, he didn't have a single cut or broken bone. The only thing he complained about was a sore jaw for a few days from the punch he claims to this day to get even for.

I ended up breaking up with

the girl I was dating two days later as she was more upset about her presents than me. I lost my car, almost lost my best friend and had to walk through the front door of my house on my mother's birthday covered from head to toe with blood, cuts, bruises and shards of glass. I'll never forget the look on her face when she saw me. The sheer love that poured out of her eyes with that one look did me in. I forget my mother's birthday every year, but not because I am an ungrateful son, it's because the memory of the accident is the worst memory I have. I always make up for it the next day and my mother always understands.

My mother's birthday and the day I almost died fall on the same day. After six years, I still can't handle the memories properly. Right now, I am in the midst of nightmares from hell about the accident and have slept maybe 8 hours in the last 5-6 days. The memories almost go away, but then I see someone on the road driving like a maniac and I picture them causing the same sort of accident... or worse. I have never been in an accident since that day, and hope I never will again. Winter highway driving scares the hell out of me and until everyone learns to drive safely, I will always remember that day.

I haven't told this story to have anyone feel sorry for me, or to shock people by the graphicness of the horror I lived through. I tell you this story in hopes that the next time you go out on the road this winter and it seems a little slippery, or it is snowing like a bitch... I hope you take just a little time to try to be a little safer. Not everyone in this city is going to give you the same consideration (bunch of savages), but if you drive just a little safer you may just save your own life, someone else's life, or even the life of your best friend. Most people that knew we were in an accident thought we caused the accident by driving like maniacs, but that wasn't the case. We were in an accident that was almost unavoidable. The elements got us... well that and a couple of big-ass transport trucks.

IF TRAPPED IN CAR DURING A BLIZZARD

1) Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.

2) Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.

3) Occasionally run engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running.
- Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.

4) Watch for signs of frostbite and hypothermia. (see below)
- Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping.
- For warmth, huddle together.
- Use newspapers, maps, and even the removable car mats for added insulation.

Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.

Wind Chill

"Wind chill" is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.

Winter Storm Watches and Warnings

A winter storm watch indicates that severe winter weather may affect your area. A winter storm warning indicates that severe winter weather conditions are definitely on the way.

A blizzard warning means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

Frostbite and Hypothermia

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite. Hypothermia is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put person in dry clothing and wrap their entire body in a blanket.

Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

Winter Car Kit

Keep these items in your car:

- * Flashlights with extra batteries
- * First aid kit with pocket knife
- * Necessary medications
- * Several blankets
- * Sleeping bags
- * Extra newspapers for insulation
- * Plastic bags (for sanitation)
- * Matches
- * Extra set of mittens, socks, and a wool cap
- * Rain gear and extra clothes
- * Small sack of sand for generating traction under wheels
- * Small shovel
- * Small tools (pliers, wrench, screwdriver)
- * Booster cables
- * Set of tire chains or traction mats
- * Cards, games, and puzzles
- * Brightly colored cloth to use as a flag
- * Canned fruit and nuts
- * Nonelectric can opener
- * Bottled water

Lambda Sports



CIAU Briefs

Hec Crighton nominee suspended for doping

The Athletic Union (CIAU) announced today that football player Shawn Olson of the University of British Columbia Thunderbirds has been suspended as a result of a doping infraction, and has been granted eligibility for Category I Reinstatement.

Shawn Olson participated in an unannounced doping control session on September 30, 2000, which was conducted by the Canadian Centre for Ethics in Sport (CCES) at a CIAU competition. The CIAU has been advised by the CCES that Mr. Olson's sample analysis identified an elevated level of ephedrine.

In accordance with the Canadian Doping Control Regulations, Category I Reinstatements are considered for a first-time doping infraction involving a banned substance in the stimulant class where the substance was used for medical purposes or as part of a nutritional product and found at a concentration, determined by the CCES, not to be performance-enhancing. Mr. Olson is therefore automatically reinstated, effective December 30, 2000, three months following the date of sample collection.

Although Mr. Olson has waived his right to examine and analyze the "B", in accordance with the Canadian Doping Control Regulations, Mr. Olson has until November 24 to protest the CCES's findings. If his protest is dismissed he may initiate an appeal within 10 days thereafter.

Mr. Olson has written a letter to the CIAU and the Canada West Universities Athletic Association (CWUAA) indicating his desire to withdraw his name as the Canada West representative for the Hec Crighton Award and to rescind his selection as a Canada West all-star for the 2000 season.

In accordance with CIAU regulations, no further sanctions are required. Also, pursuant to CIAU regulations, the University of British Columbia interuniversity football team will not be penalized and any team records or titles shall remain in place. Mr. Olson was currently completing his fifth and final year of CIAU eligibility with the University of British Columbia.

Voyageurs Tear Up Quebec on Basketball Roadtrip

by Jason Stevenson
Acting Sports Editor

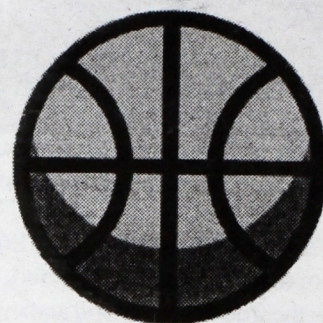
Men's Voyageur Basketball

In what was the first game of the Voyageurs' Quebec road trip, Laurentian travelled to Lennoxville, QC to take on the hometown Bishop's Gaiters. With the support of their fans, the Gaiters shot 50% from the floor compared with the Voyageurs sub-par 40% and were clinging to a one point lead at the end of the first half.

In the second half, the Voyageurs were able to overcome spectacular shooting from the Bishop's side who were able to improve on their first half field goal percentage to 62%. However it was not enough, as Laurentian was fortunate enough to hit the shots when it counted most. Fourth-year player, Leon Sutton buried the game-winning shot and Bishop's hopes at victory with four seconds remaining for the 68-67 win.

The Voyageurs counted heavily on the contributions of a pair of second year guards, Jermaine Pendley and Jim Jefferson, who poured in 19 and 23 points respectively. The Gaiters' Jason Brade chipped in 18 points and added 6 boards in a losing effort, dropping Bishop's to 1-4 on the season.

In Quebec City, November 26, the Laurentian Voyageurs were defeated 77-74. The Voyageurs were



leading by 12 points 48-36 at the half but were unable to hold onto the lead.

Both the three point shooting efforts and free throw percentages went downhill in the second half for the Voyageurs while the Rouge et Or improved tremendously, giving them the edge to overtake Laurentian by the time the buzzer sounded.

Strong performances for the Voyageurs were turned in by Jim Jefferson who contributed a whopping 31 points, going 7 for 11 at the 3 point line. Rob Annecchini was a defensive presence with 8 rebounds as was Leon Sutton with 7 boards. Leading the way for Laval was Charles Fortier who strengthened the effort with 23 points and 5 rebounds.

Lady Vees Basketball

The CIAU number nine-ranked Lady Vees defeated Bishop's University in Lennoxville November 24, 63-47. The Lady Vees were down

by three at the half, 26-23, as a result of a poor 23% shooting percentage and 10 turnovers, but were able to turn things around in the second half.

In the second half, Laurentian shot 56% to Bishops' 33%, and three 3-pointers in a row by the Vees turned the game around and sparked a rally that led to the 17-point victory over the Gaiters. The second half also yielded much better defence from Laurentian and leading the way was Clare Beatty with 14 rebounds as well as 19 points giving her a double-double on the night. Shauna Conway and Tierney Hoo were able to contribute 14 and 12 points respectively to the cause.

In Quebec City, Quebec, the Laurentian Lady Vees defeated the CIAU eighth ranked Laval Rouge et Or 68-57. Leading the way for Laurentian was fifth year veteran and Player of the Game Shauna Conway who played a fantastic game contributing 28 points, 9 rebounds and shooting 6 for 10 at the free throw line. Clare Beatty also had a strong game with 14 points and 7 boards in the face of the rambunctious Rouge et Or fans.

High scorer for Laval was Isabelle Grenier with 20 points. The win tonight brings the Lady Vees record to an undefeated 6-0 that will put them atop the OUA East division.

Athletes of the Week



Female Athlete of the Week

Shauna Conway of the Laurentian Lady Vees Basketball team was named the female athlete of the week for an instrumental performance that led the Lady Vees to another undefeated weekend and a record of 6-0. Her most notable achievement of the weekend came Saturday night in the Vees 68-57 win over CIAU eighth-ranked Laval Rouge et Or. Conway scored 28 points shooting 6 for 10 from the three-point line and turning in 9 rebounds. She also made a strong contribution against Bishops on Friday night scoring 14 points turning in 9 rebounds and shooting 4 for 6 from the three-point line. Shauna is a fifth-year Sport and Education student and native of Sault Ste. Marie Ont.

Male Athlete of the Week

Jim Jefferson of the Laurentian Voyageurs basketball team was named the male athlete of the week for his contributions to the Voyageurs weekend on the road. In Friday night's win against Bishop's University, Jefferson contributed 23 points and 2 rebounds. On Saturday night versus Laval University, Jefferson was on fire and led the offense scoring 31 points, shooting 7 for 11 at the three-point line and adding 4 rebounds to his totals. Jim hails from Sudbury and is a second-year Law and Justice student.

BC Lions Take Out Alouettes To Win The 88th Grey Cup

by Brian Fraser
contributor

With their 28-26 victory over the Montreal Alouettes on Sunday, the BC Lions won their first Grey Cup since 1994. The Lions, 8-10, became the first team to capture the CFL title with a losing record, defeating the top 3 teams in the league in the playoffs. The Alouettes have not won the Grey Cup since 1977, when they defeated Edmonton 41-6.

The first half was fairly uneventful. Although it was dominated by the Lions by the numbers, Montreal managed to stay close. Usually reliable Lions' kicker Lui Passaglia missed 2 field goals from 51 and 42 yards that counted as singles before hitting a 23-yarder late in the 2nd quarter. Lions' quarterback Damon Allen added a 1-yard touchdown and BC led 12-3 at the half.

In the third quarter, Montreal finally got a touchdown as Anthony Calvillo hooked up with Jock Climie for a 1-yard pass to make it 12-10 BC. Climie, who was playing in the first Grey Cup game of his 11 year

career, led all receivers with 97 yards off 6 catches in the game. The BC Lions dominated the running game though. MVP Robert Drummond rushed for 122 yards and Sean Millington, the game's Top Canadian, added 99 yards. The Alouettes got 115 yards from Mike Pringle, but the rest of the team could only manage 16 yards.

The 4th quarter provided most of the game's excitement. Drummond rushed for a 44 yard touchdown just 55 seconds into the 4th to make it 19-10 for the Lions. On the ensuing possession, the Alouettes marched to the Lions' 44 yard line when Calvillo apparently fumbled the ball. The call was overturned and Calvillo was penalized for intentional grounding. The Alouettes managed a 51-yard field goal to close to gap to 19-13.

The Lions responded with an 8-play, 75-yard drive that resulted in Damon Allen's second touchdown of the game at 8:38 of the 4th quarter to lead 25-13. The 2-point convert was unsuccessful. However Montreal running back Mike Pringle, who

had a CFL-record 19 rushing touchdowns this season, scored from five yards out at 11:11 to pull the Alouettes to within 25-20. Passaglia, who missed 3 out of his 4 field goal attempts in the game, booted a 29 yarder with 1:25 remaining in the game to increase the lead to 25-20 for BC.

Montreal capped off a wild fourth quarter when Anthony Calvillo's 59-yard touchdown pass to Ben Cahoon made it 28-26 with 44 seconds left. But Calvillo's pass to Thomas Haskins for the 2-point convert missed. Montreal had one last chance, the improbable onside kick. BC receiver Alfred Jackson corralled the onside kick to clinch the championship.

It was the final game of BC kicker Lui Passaglia's illustrious 25-year CFL career. He kicked what proved to be the Cup-winning field goal. He finishes his career as the all-time point leader in the history of pro football and is a shoe-in to be nominated into the Canadian Football Hall of Fame in Hamilton.



UC HOCKEY

Let the Playoffs Begin

Hugh Panelas
Staff Writer

This past weekend UC's hockey season ended with a bang. With only 4 of the 5 teams making the playoffs some interesting matchups were formed. Not too long ago 2/3rd floor lost to its co-basement rival 8/9th. The win placed 8/9th one point up on the Thunderbellies thus putting the pressure on them. They responded by handing 6/7th, one of the best teams in the league, a loss and once again putting themselves up by one point in the playoff race. The last night of the regular season had all the makings of a NHL game.

In order for 8/9th to secure a playoff spot they had to overcome the team from 4/5th. To make things more intriguing, the Thunderbellies had the task of refereeing the oh-so-important end of season game.

With all of that out of the way the stage was set for some drama-laced hockey. The game began with a little taunting of the referees by the goon of the 8/9th floor squad, Yorik. He told them where they could meet him if they didn't call the game properly. The meeting place was off the ice, but it did the trick. It was all about intimidation. The game itself



Furious George.... willing to Trade Zippy for a pack of smokes and a six pack of Northern!

was set at a high-speed pace although it seemed to be played in slow motion. 4/5th came out firing as they blasted shot after shot at Shawn Sullivan, the netminder for 8/9th. He stood on his head as he turned away each and everyone of those shots. For some reason a team with 3 hockey bums on it, Mono, Yorik and yours truly, managed to match the tempo that 4/5th was setting. Then the inevitable happened, Grimace some how managed to slip the puck past Tido and set the game into another level. For once 8/9th actually had a lead in which they had to protect. This worked out great because they only needed to tie or win the game in order to make the playoffs.

Eventually after a few minutes of bad passing and a few of the bums falling on their asses 4/5th

scored the tying and go ahead goals. With the season winding down and the morale of the team dipping, captain Oprah stepped up and netted the tying goal. After that it was all time killing and as the final horn sounded 8/9th had wrapped up a playoff spot and sent the Thunderbellies home until next season.

Honorable mentions go out to the defensive abilities of Zippy, a man who actually managed to pass to his own team more often than the opponent in this important game. And once again to the goalkeeping of Shawn Sullivan a.k.a. Durst. He really kept 8/9th in the season this year and pretty much single handily won the game for them. Way to go guys, if the B.C. Lions can win a championship with their losing record so can we!

BODY BONUS

A SIMPLE WALK CAN DO WONDERS

by Emily Roback
Staff Writer

Imagine you are going home, walking up from the Physical Education building to the doors of your residence or of any other building on campus. Whether you are on the road or on a somewhat hidden path, you see trees and small bushes covered with icicles that seem to sparkle due to light peaking through the clouds. Birds are chirping, soft snowflakes fall gently onto your face and you hear a faint laughter from a small child not too far away. Ah - peace at last. Sound wonderful? All of the above elements are few of the many special events that can happen to anyone when walking for at least twenty minutes. It is amazing how a walk can do wonders to the body in a physical, mental, and spiritual sense. Walking is an exercise that the human body is meant to do. Almost anyone can do it.

In a physical sense, walking is good for cardiovascular endurance. It helps you to be able to perform physical activity for long periods of time without becoming exhausted. Studies have shown that walking can improve the body's ability to consume oxygen

during exertion, lower the resting heart rate, reduce blood pressure, strengthen the immune system, and increase the efficiency of the heart and lungs. It is true that walking burns approximately the same amount of calories per mile as in running. Someone just starting out in poor shape will benefit from a slow speed of walking whereas someone in better condition would need to walk faster/farther to improve. To achieve cardiovascular benefits, a 20-minute walk three times a week at a medium pace to get the heart rate up is recommended by most health experts.

Since walking appears to have a psychological payoff, ones own mental outlook on life can also improve. Today, there is so much meaningless huffy, huffy. Instead of running away from the chance to take a walk, you can work through it. You will find some kind of wakefulness, alertness, and clarity in your life. Understanding the self comes to those who are not in a hurry to understand. To be mentally intact, simple bare awareness of mind will help you sift through your thoughts and feelings. Clear thinking of what you have done, what you are currently doing, and what you plan to do helps keep your focus. When things are seen clearer,

it is easier to make decisions without feeling uncertain or having to justify your choice.

Spiritually, life is you, the real you and you are the life. The body that you have is not you and it is not life, it is only a body which gets you to where you want to go. You could compare it to a car. You can have a car and it can be used by you to get from place to place. People say the type of car you use says a lot about the type of person you are, but the car is not life and it is not you. In other words, take care of your body so that you can live in it comfortably for a long time. You use your body to help you learn about yourself and grow spiritually. It will eventually perish, but you will not. Walking allows you to slow down and take a good look at the simple things in life that are happening around you. You can hear, see, touch, smell, taste and learn. Why not take advantage of it?

The most important thing about walking is not about where you start, but where you are going. Everything seems so trivial to me. Crazy walks. Physical power. Mind games. Spiritual wisdom. So, mind-boggling! So, where is this all taking us? A chance to get active and enjoy the fresh air!

Laurentian's Aqua Vees Crack CIAU Top 10

The Laurentian Men's Aqua Vees name appeared in the CIAU Top Ten for the first time this year entering the list at the number 9 position. Their rise in the standings was likely a result of a strong showing at the University of Toronto Annual Invitational Meet this past weekend.

This prestigious event hosts the very best competitors from all over the province. Placing in the top three for Laurentian in their respective events were:

Gilbert Duplessis (400m IM, 400m and 1500m free)
Dave Vacchino (400m IM, 200m back)
James Corker (200m breaststroke)
Aleksy Jones (50m, 100m and 200m breaststroke)
Kirk Flinn (100m, 200m and 400m free)
Fai Yong (50m free)

Yong also finished first in the 25m freestyle and retained his crown as the Fastest Swimmer in Ontario. The Aqua Vees will be heading to training camp after Christmas and will attempt to build on their current ranking when they face Wilfrid Laurier on January 12, 2001.

Intramural Announcement

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Arts & ENTERTAINMENT

Poetry Corner

Uh...Hi! My name is Matt Kent, I'm a frosh here staying in UC. This is just an explanation of sorts. A while ago, I was on the verge of a breakdown, I had moved to a new town, new school, and my self esteem was out my ass. I even contemplated suicide, but then a man named John Larkin reached me in a way only a few people have since. So I started writing poetry as a way to let my emotions out and to help others. I hope to be able to print something every week but my creativity only goes so far. That's why I'm asking anyone reading this who wants to have their works published to send them here to have it printed. Trust me, there will be no criticizing of any kind. I know what it's like to be a poet in a world of people who don't understand it. So send them to the paper at lambdapub@hotmail.com. Well, that's it from me, here we go. This is a poem I wrote for John who passed away last December. I figured it would be fitting cause we're getting close to the anniversary.

From dark to light, the perspective is altered.
The mind ablaze with thoughts of the future.
Unclenching fists of rage into open hands of comprehension
I begin to understand.

A friend has been lost, sadness, but with sadness comes
happiness and a new goal.

To give back finally the same gift a friend gave me.

To release the spirit into the mists of tomorrow.

Farewell but not goodbye, we'll meet again in time.

Well that's all I have for this week, I hope to do a couple other articles in the future. Peace and keep the pens talking.

Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Entertainment Editor

Lego Star Wars Trilogy

<http://www.5b.biglobe.ne.jp/~mbsf/sworde.htm>

This one of those times of the year where you're loaded down with essays, assignments, studies, bar runs, and lots of other general crap tying up every single moment of your every single day. And then you bump into a site like this one, that proves that maybe we shouldn't be quite so jealous of people that happen to have lots of free time. As you probably guessed from the website's title, some freak actually sat down with his ridiculously huge collection of Star Wars Legos and recreated the entire trilogy (no, I don't consider Phantom Menace as part of the trilogy, for obvious reasons). Well...maybe not the whole thing, shot by shot, but he included just about every major scene and plot bit from each of the three movies, all in a long series of still photos. Tatooine is now a large yellow blanket, and most of Jabba's henchmen seem to be a horde of those little Galoob Lego ripoff toys, but he's done a pretty decent job, considering what he's working with. Given, he skips a lot, but it's worth visiting so that a) you can watch the Star Wars series live along in yet another form, and b) be completely blown away by the fact that some freak would actually go to all the trouble of spending 2500 hours (I am not joking) of piecing all this together. Yes, it's completely insane, and yes, it's totally worth visiting.

Hats of Meat

<http://www.hatsofmeat.com/>

Yep, you read that right. Hats of meat. As in, headwear composed primarily of animal flesh. Is it serious? Not in the slightest. Is it bizarre as hell? Definitely. In fact, there might be a few people out there squeamish enough to not want to see people posing in fashion shots, wearing baseball caps covered in raw hamburger, ribs, pork cutlets, and so on...which is exactly what this site is about. There's a brief history of meat-as-hats for those who are curious about that kind of thing, covering various periods and people such as Abraham Lincoln, Mark Twain ("There's nothing quite as neat as a hat made from meat") and so on. There's also an events listing for those who would like to shape their free time (Meat Hat Christmas), as well as the requisite photo gallery of freaks and their meat hats. There's even a FAQ list for meat-hat hopefuls, such as, Q: Is it safe for me to eat a hat of meat? A: Except for hats made of beef or other types of jerky, it is not recommended that you ingest any type of meat hat. And for those truly in need, a short Quicktime video is available to show you how to make your very own creation, using only a baseball hat and a pound of hamburger. Nummm.

Disturbing Search Requests

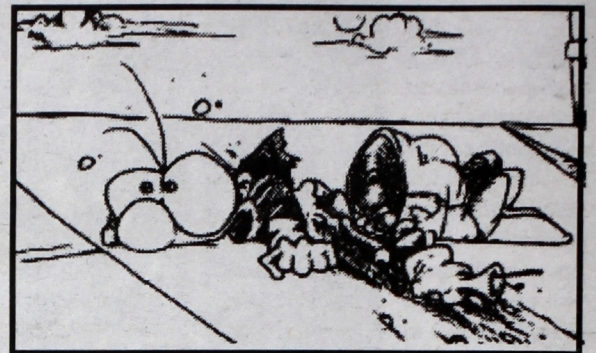
<http://searchrequests.weblogs.com/>

We all know that the Internet is a gigantic cesspool of moronic sludge and human depravity; it's damn tough to avoid this fact, considering a search for something as simple as "sock" is likely to net you with a million links to porn sites or sock fetishes. If you've ever wanted concrete proof that people actually encourage that kind of thing, here it is. This isn't so much an actual website as it is a regularly updated listing of weblog bits. More specifically, the guy who runs this page also runs a sort of online ranting diary, and this particular page is a list of words, terms and phrases that people have punched into their search engines in order to arrive at his site....accidentally. For instance, one of the latest items someone looked for was "How to be a pimp", while another was looking for "Build a flame thrower". All the site's owner needs for these weird requests to hit his page is for each of the words in the request to appear at least once in a given diary rant, though not necessarily in sequential order. So, when somebody looks up "Human Toilet Death", there's a pretty good chance that he was disappointed when he finally got to this place. The site owner — who is actually a British stand-up comedian — pokes fun at each and every one of these listings, which makes it worth visiting this site in and of itself. Trust me...I won't go into what he says about stuff like "How to be a pimp", or "Christian Superchick", but suffice to say that it's pretty damn funny. Yet another fine example of how the Internet can be used to showcase human stupidity.

Project Galaxy Guide

<http://www.galactic-guide.com/>

If you are the slightest bit a fan of all things bizarre and strange (and if you're not, I can't quite understand why you're reading this), then your life simply can't be complete until you've read through The Hitchhiker's Guide to the Galaxy at least sixteen times. If you have no idea what it is, suffice to say that it's a hilarious piece of sci-fi fiction that features, among other things, a Galactic Guide to just about everything in existence. This site is an attempt to recreate it in Internet form, detailing over 700 entries that deal with issues that are real, semi-real and totally made up. Topics range from simple things as the details of certain national parks and the Barenaked Ladies, to the downright bizarre, like the problems of how to remain in concentrative oneness in the tranquility of a martial arts dojo when you really have to cut the cheese. Other entries detail the scientific formulae involved in determining the fun factor of a Barrel of Monkeys, while others will tell you how to ruin your marriage. You can even add your own entries if you wish, though you'll have to try and make sure that the tone keeps with the same style as the Hitchhiker's Guide to the Galaxy. Either way, it's a great site, and a fantastic way to kill time while rotting your brain.



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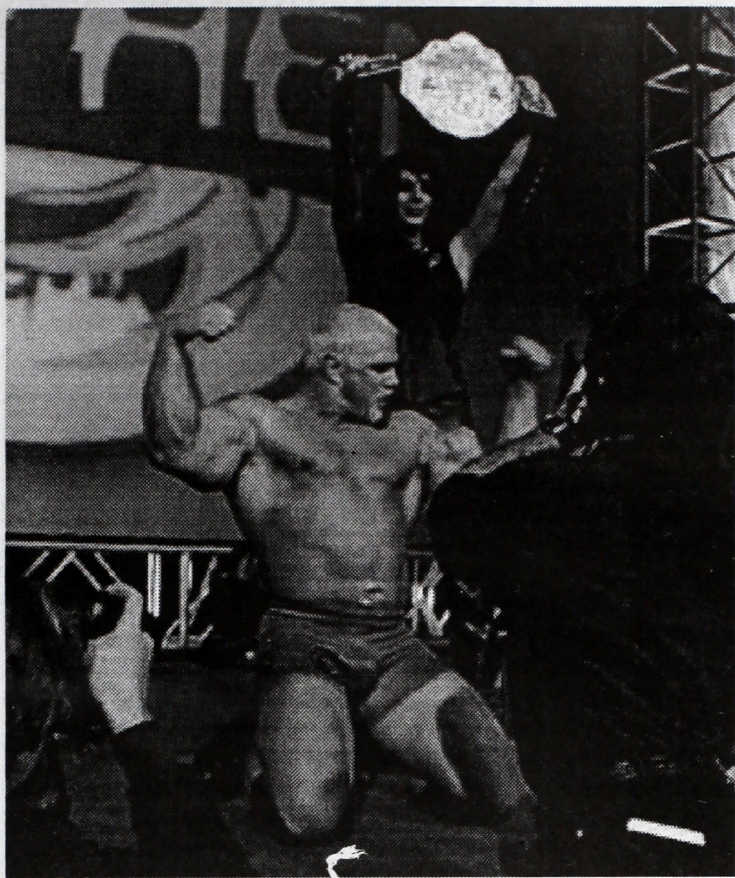
Once again, I struggled to make it through another boring edition of RAW. I must say that once again the WWF's storylines of late have really taken a turn for the dumps. I know that they are trying to wipe the slates clean with the exception of their main stories but am I the only one that is nodding off to sleep every Monday while watching it? I would like to think not.

It was good to see HHH back on tv but I, for one, am still very worried about his condition. He has a similar back injury that Shawn Michaels suffered earlier in his career and like Shawn, he is downplaying the whole thing. HHH is that damn good and he shows it everytime he steps into the ring and wrestles with his pain. Only a true profession that cares about his fans and his job would sacrifice himself night after night in order to get a rise out of the crowd. He is unmistakably one of the best heels that the WWF has ever had. He knows what buttons to press and when to press them.

Speaking of injuries, Lita, who suffered a laceration at Survivor Series has been stitched up and will be ready for action in a short while. The injury occurred when Ivory's boot, not fist, caught her in the temple during their match at the Pay-Per-View. Word has it that she is suffering from a slight concussion and the WWF isn't taking any chances with her. The plan is to eventually have the Woman's Title Division become more respectable with Lita, Ivory, Molly and Tori as the mainplayers.

It looks like the Intercontinental Title has become a little more respected as well with The One Billy Gunn regaining the strap on Smackdown last week. I am not sure how long this will last as his crowd pops haven't been as large as they were when the name Mr. Ass was attached to his side. Then again, anything is better than seeing one of the Radicals running around with one of the original titles.

Is anyone else out there tired of listening to Tiger Ali Singh yip about how it is so disgraceful for a tag



The Genetic Freak... And Steiner Too!

team like Low Down not to be allowed into the building? Hello?!?!? When was the last time that these guys ever saw the ring on RAW? I believe that the only time they get to wrestle was on Sunday Night Heat and they aren't even good enough to do that anymore. As much as I hate them, I must admit that they way Jerry Lawler and Jim Ross were commenting in Tiger's heritage and religion was a little too much to handle. They disrespected him and his people and I hope that the WWF can either release a statement apologizing or that they make it up in some way. I was really disgusted when I saw Steve Blackman remove Tiger's turban and wear it on his head like it was a party hat. Really distasteful, I was disappointed to be a WWF fan at that moment.

WCW Mayham was this past Sunday and from what I heard they actually put on a good show. The new tag team of the Insiders, Kevin Nash and DDP, have apparently been getting a good pop from the crowds and were rewarded with the Tag Team

titles. The younger wrestlers on their roster also performed very well. Jeff Jarrett and Buff Bagwell were unleashed. They didn't have to follow any scripts, they were simply told to go and wrestle. They did a damn good job.

The best part about the event was the fact that, that Rock wannabe Booker T got his ass kicked by Big Pappa Pump and lost the WCW title. I know that I am always ripping WCW but I must admit that as of late they have been doing a much better job than what the WWF has been producing. From what I have heard, BPP beat the living crap out of Booker T and left him for dead in the middle of the ring. I hope he hangs on to the title for the next while as it will make WCW a much more interesting federation to watch. BPP is the HHH of WCW. He has been around for a long time now and he has paid his dues as a tag team and midcard wrestler. I, for one, am glad to see that a long time, loyal guy like him has been finally rewarded with the title.

Mets Contest World Series

NEW YORK (AP)

The New York Mets announced today that they are going to court to get an additional inning added to the end of Game 5 of the World Series.

The batting, pitching and bench coaches for the Mets held a press conference earlier today. They were joined by members of the Major League Players Union.

"We meant to hit those pitches from the Yankee pitchers," said the Mets batting coach. "We were confused by the irregularities of the pitches we received and believe we have been denied our right to hit."

One claim specifically noted that a small percentage of the Mets batters had intended to swing at fast balls, but actually swung at curve

balls. It was clear that these batters never intended to swing at curve balls, though a much higher percentage were not confused by the pitches.

Reporters at the press conference pointed out that the Mets had extensively reviewed film of the Yankees pitchers prior to the World Series and had in fact faced the Yankees in inter-league play earlier in the year.

"The fact remains that some of the pitches confused us and denied us of our right to hit," said the Mets batting coach. "The World Series is not over yet and the Yankees are celebrating prematurely."

Major League Baseball has reviewed the telecast of all the World Series games and recounted the balls and strikes called by the umpires of each game.

"While some of the strikes called against the Mets were, in fact, balls, there were not enough of them to change the outcome of the World Series," the commissioner said.

Another portion of the Mets legal claim stated that, based on on-base percentage, the Mets had actually won the World Series, regardless of the final scores of the games. "It's clear that we were on-base slightly more often than the Yankees," said a Mets spokesman. "The World Series crown is rightly ours."

The manager of the Mets has remained in relative seclusion, engaging in some light jogging for exercise. He has stated that he believes "we need to let the process run its course without a rush to judgment".

FOR THE LOVE OF CRAP....
NICK NEEDS WRITERS!!!



Thursday, November 30, 2000 / jeudi le 30 novembre, 2000

STUPID AMERICANS NEWS BRIEF

Seventh Grader Gets Arrested for Eating French Fries in Subway

Nov. 16, 2000

A 12-year-old girl found out the hard way that there's no snacking allowed in the Washington, D.C. subway. Seventh-grader Ansche Hedgepeth was handcuffed, booked and fingerprinted for eating French fries in a northwest Washington subway station. Ansche told police she knew she wasn't supposed to eat in the station but didn't think she would get arrested.

Ansche's mother Tracey Hedgepeth, who has written a complaint letter to the Metro Transit Police Department, said police went too far. "I can't believe there isn't a better way to teach kids a lesson," she said. "The police treated her like a criminal."

But Metro Transit Police Chief Barry J. McDevitt is unapologetic about the girl's arrest last month and others like it. "We really do believe in zero tolerance," he said.

Commuter complaints about unlawful eating on Metro cars and in stations led McDevitt to mount an undercover crackdown on violators. A dozen plainclothes officers cited or arrested 35 people, 13 of them juveniles. Only one adult was arrested.

Ansche said the station in northwest Washington where she was nabbed is "just a place where a lot of kids go. There's a hot dog stand and Cafe Med, where I bought my fries."

She said she took the elevator to the station with a friend. As the pair passed the station kiosk, a man stepped in front of Ansche.

"He said: 'Put down your fries. Put down your book bag,' Ansche said. "They searched my book bag and searched me. They asked me if I have any drugs or alcohol."

Ansche said she has never been asked those questions or searched like that before. "I was embarrassed. I told my friend to call my mom, but I didn't tell anybody else," she said.

She said she never talked to the officer, although Metro police insist that she was asked whether she knew eating was against the law and that she said she did. They said anyone who doesn't know about the law usually is given a warning first.

Signs warning that it is illegal to eat or drink on the cars and in the stations are posted in the Metro system.

She was taken to the detention center, where she was checked in, fingerprinted and held for her parents to pick her up.

If Ansche had been an adult, she simply would have received citations for fines up to \$300. But juveniles who commit criminal offenses in the District of Columbia must be taken into custody, McDevitt said. It is department policy to handcuff anyone who is arrested, no matter the age, he said.

Did you say presents?



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Every now and again I enjoy venturing, going if you will to my local cineplex where I proceed to harass fat children as well as view a movie. I then proceed to review said movie in a little sumtin' sumptin' I like to call

L.M.L.M.

(or Ladies Man Loves Movies)

Well, since I posted an e-mail address for this shitty little column I've received many surprising, threatening, and downright insightful responses. Let's take a look at a few shall we? We'll call it Ladies Man Loves Mail.

Dear L.M., I'm a bitter old professor who thinks your generation are floaties in a rotting cesspool. Naturally, I think your movies are a reflection of this so I pine for the days of my youth when movies had dialogue, and characters had depth and public fornication in the theatre was accepted and in fact encouraged. My question is who do you think will win the US election?

Prof. Tenacious Grip on Tenure.

Dear Professor,
Evidently all the morning classes you've taught over the years have jaded you. Movies may have gotten faster-paced and increasingly violent but let's face it, so has our world. This doesn't mean that everything out there is mindless drivel. For every "End of Days" there's an "American Beauty" or a "Being John Malkovich" that pushes boundaries and raises bars. I bet your parents thought that "The Maltese Falcon" or "Touch of Evil" were crap in their heyday so try to get some perspective... oh yeah go Nader for prez....

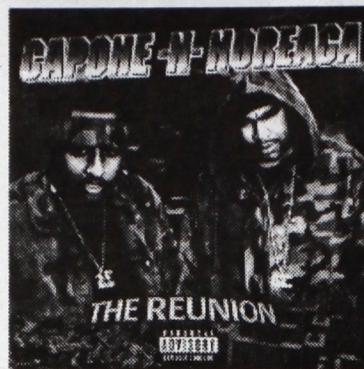
Dear L.M. Your Top Ten Worst Movies List was way off! "Titanic" was the highest-grossing movie of all-time and a lot of those other movies you chastized may not be worthy of OSCARS (as Titanic was) they certainly are a wonderful escape. Your editor must have been drunk or desperate to hire you, sincerely,
Reeling In Residence.

Dear Reeling in Rez, Hey, do I come to your job and jump up and down on the end of the bed? I didn't think so. Just because a movie makes a lot of money doesn't make it great. "Home Alone" used to be the highest-grossing comedy of all-time so does that make it the funniest? NOTE: Anyone who writes back and says it is the funniest WILL be roasted in this column.

L.M. is it just me or are you contradicting yourself? You hate today's teenage comedies and yet you love one from 15 years ago in "Ferris Bueller's Day Off." What gives?
-T.G.

Well T.G., the main difference is originality, writing, and acting. Ferris was released in a time where there was a huge glut of teenage comedies as well such as "Sixteen Candles" and "The Breakfast Club" but in my opinion it was much more original, had simple but very effective writing, and finally had a great cast. A lack of originality, writing, and acting are precisely why remakes of good movies tend to blow. "Psycho" in 1999 was a shot-for-shot remake of its original, but constant comparisons to its predecessor pretty much killed it and deservedly so. The crappy teen movies of today lack so much originality that I can't tell if, in this one, Freddie Prinze Jr. is the football team captain who falls in love with the school geek, or the soccer team captain who realizes he's really in love with his best friend, or the track star who falls for....you get the picture...

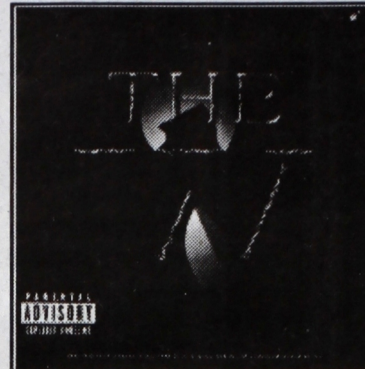
That's it for this week so remember, don't form an opinion on movies fellow Voyageurs that's my F@#\$in' job!!!



Capone-N-Noreaga - The Reunion

by Cobb

Capone and Noreaga have come a long way from when they first met in jail. This distance though, is not as far as Noreaga has come since his last album. Noreaga, whose first album was hugely successful, really dropped the ball with Melvin Flynt The Hustler, his follow up album. For that reason, I wasn't too excited when the CNN Reunion disc showed up on my desk. I am excited now though, after listening to the album and to a rejuvenated Noreaga. My favorite track from the Reunion is Invincible, which features the incomparable Dj Premier. You could have Stockwell Day talking about immigration over a Dj Premier beat and it would still sound good. The first single, Phonetime, is an interesting track that is played to represent a phone conversation between Noreaga who is prospering on the hip hop scene, and Capone who is just trying to survive life behind bars. The bounce of the beat keeps the track moving along while the rhymes laid down by Noreaga are complimented by the cell phone sounding prison words of Capone. This album is an excellent resurrection from the depths to which Noreaga plunged as Melvin Flynt. The Reunion is a good album, I'd buy it just for the Dj Premier track.

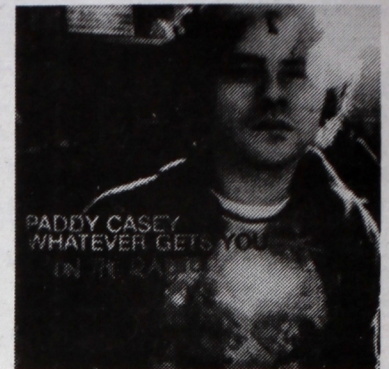


Wu-Tang Clan - The W

by Cobb

The most infamous hip hop group in history adds another title to a list which is only slightly longer than Ol' Dirty Bastard's police record. Officially, this is the Wu-Tang Clan's third release, but if you add in all the solo albums, they will soon reach their 36th chamber. What I like about this album is that from the second you press play until the 60th minute when it's done, you know it's Wu and nothing else. All members from the Clan are on the disc, RZA, GZA, U-God, Masta Killa, Method Man, Raekwon, Ghostface Killah, Inspectah Deck, Cappadonna, and even O.D.B. shows up on one of the tracks.

Method Man teams up with his partner in crime, Redman for Redbull, which is a classic example of a Wu beat. Also providing the clan with help on the album are Nas, Busta Rhymes, Snoop Dogg, and Isaac Hayes. If you've lived under a rock for the past 8 years and have no clue who I am talking about, check out one of the first two singles, Protect Ya Neck (The Jump Off) or Gravel Pit, which exemplify everything Wu. I love these two tracks and I love this album, pick this disc up.



Paddy Casey - Whatever...

by Mat

I was pretty unimpressed by Sony Music when I received this album. The CD I received was titled **Paddy Casey, Whatever Gets you On the Radio**, but the biography they sent me was for an album titled **Amen (So It Be)**. I almost threw it aside, but then I noticed that Whatever... was actually a five track live radio concert that was only being sent to the media for review. Now that I have listened to it, I want the damn album!!!

Paddy Casey is a popular 24-year-old singer from Dublin who writes, plays and sings his own original music. The album I received is just Paddy and his guitar belting out some of the best solo folk, rhythm and blues and rock music in a long time. I would love to hear the actual album, but this EP really lets Paddy's talent shine through. His amazing guitar work and the sheer emotion you get from his voice draws you in, making you crave more. Picture a night at a local pub where a solo artist takes the stage and proceeds to blow the audience away with the talent and artistic power that only comes along once in a blue moon, and you have **Paddy Casey**.

I have only heard six tracks but I highly recommend picking up the full-length album **Amen (So It Be)**. Move over Dylan, Casey is here to take over!

Your Lambda Horoscope

Aries March 21 - April 19

You excel in deeds of mental weirdness this week. Find an adventure. Try and make fun of anything and everything you do. You'll surprise even yourself. Climb the walls if you can, it's fun. Try not to fall, though.

Taurus April 20 - May 20

You easily convince others of what's on your mind. You like to give advice when it's not needed, and most times it's not all that great! Listen to the whole story first, and see if they WANT the advice you want to give.

Gemini May 21 - June 21

This week you're not going to have a good time at work. Try not to let smoke blow out of your ears as soon as you get frustrated. Others might notice and keep their distance. It could be a lonely journey.

Cancer June 22 - July 22

Experience is the best teacher and you are an eager pupil! Romance is likely, but remember, do not be too eager, if you catch my drift. Keep your cool, and you'll be fine. There's a first time for everything.

Leo July 23 - August 22

Stay centered this week. Something is a little out of whack and you're not too sure as to what it is. Until you find it, be careful where you step. Never second guess yourself, you won't be right, and you need to be.

Virgo August 23 - September 22

It might be a good idea to work from home today. Seems as though things can and will get out of hand. It will be a good day to spend time with yourself. You don't always need somebody to play with, do you?

Libra September 23 - October 22

If you spend the day alone, you may miss an unforgettable event. As there is a reason to party this weekend, (just because it is the weekend) you don't want to miss out even if you think it will be a complete waste of your time. Have fun.

Scorpio October 23 - November 21

Be nice! No need for more poking, you're just like the older sibling that hits back ten times harder than the younger one. Know it hurts! On a side note, stay away from salespeople.

Sagittarius Nov. 22 - December 21

Ever get the feeling somebody is watching you? You might have that right now. Look around but don't be too obvious. Stick to your plan for the day and you'll have no (major) problems.

Capricorn December 22 - January 19

Treat a good friend to a joke at his or her own expense. Least if you get hit, it would have been worth it! Say what's on your mind, you were never the one to care about what others think when you do.

Aquarius January 20 - February 18

You sparkle with wit and intelligence (as always), use it to your advantage! It's a good day for you to be the leader. Watch your impulses this week though, some may not be worth following.

Pisces February 19 - March 20

Try not to take any shortcuts, chances are you won't like the outcome. Don't always do everything the easy way, you might even like the hard way! As always, somebody will think you're wrong and they're right. Show them the truth, take a stand!

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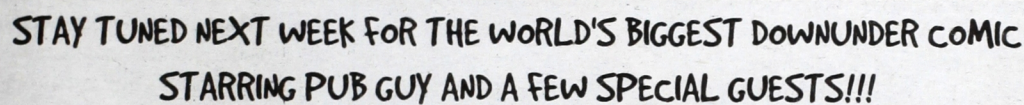
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